



2026 Event Schedule



Friday January 23, 2026 (Spacing Schedule)

TIME	EVENTS
7:00 - 7:25am	Open Pool
7:30am - 7:55am	Excel Spacing
7:55am - 8:05am	UofA Spacing
8:05am - 8:40am	Synatics Spacing
8:40am - 9:10am	Red Deer Spacing
9:10am - 9:20am	Calgary Winter Club Spacing
9:20am - 10:05am	Calgary Aquabelles Spacing
10:05am - 10:30am	Calgary Elite Spacing
10:30am - 12:05pm	Killarney Spacing
12:05pm - 12:15pm	Foothills Spacing
12:15pm - 12:30pm	Lethbridge Spacing

Edited January 14, 2026



2026 Event Schedule



Friday January 23, 2026 (Events Schedule)

12:30pm - 1:00pm	Open Pool
1:00pm - 1:30pm	8-10 and AdAS Figures Warm Up
1:00pm - 1:15pm	8-10 Athletes Only
1:15pm - 1:25pm	AdAS Athletes Only
1:30pm - 2:30pm	8-10 Figures (2 Panels) and AdAS Figures (1 Panel)
2:30pm - 3:00pm	Novice and 11-12 Figure Warm Up (2 Groups)
3:05pm - 4:20pm	Novice and 11-12 Figure Event (4 Panels)
4:20pm - 5:30pm	Officials Dinner Break
4:55pm - 5:25pm	Youth Figure Warm Up (2 Groups)
5:30pm - 7:00pm	Youth Figures (2 Panels)
7:00pm - 7:20pm	Senior/Junior Tech Team Warm Up
7:25pm - 8:05pm	Senior/Junior Tech Team Event

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2026 Event Schedule



Saturday January 24, 2025 Event Schedule

7:00am - 7:15am	Open Pool
7:20am - 8:10am	UofC, UBC & UVIC Spacing
8:15am - 8:45am	Acro Team Warm Up & CUASL Novice Team Warm Up
8:50am - 9:25am	Acro Team & CUASL Novice Team Event
9:30am - 10:15am	AdAS, 8-10, Novice and 11-12 Team Warm Up
10:20am - 10:25am	AdAS Team Event
10:25am - 11:40am	8-10, Novice, 11-12 Team Event
11:45am - 12:15pm	Recreational Routine Performances
11:45am - 12:30pm	Officials Lunch Break
12:15pm - 12:30pm	Awards Presentation 8-10, Novice, 11-12 and AdAS Team
12:15pm - 1:00pm	Youth Team Warm Up
1:05pm - 2:35pm	Youth Team Event
2:40pm - 3:10pm	Junior/Senior Free Team & CUASL Experienced Team Warm Up
3:15pm - 4:20pm	Junior/Senior Free Team & CUASL Experienced Team Event
4:20pm - 4:40pm	Awards Presentation Youth, Junior/ Senior & CUASL Team
4:20pm - 4:40pm	AdAS, Novice, 11-12, Solo Warm Up
4:45pm - 5:00pm	AdAS Solo Event
5:00pm - 5:45pm	8-10, Novice & 11-12 Solo Event
5:45pm - 6:45pm	Officials Dinner Break
6:20pm - 6:40pm	Junior/Senior Tech Solo & CUASL Novice/Experienced Solo Warm Up
6:45pm - 8:15pm	Junior/Senior Tech Solo & CUASL Novice/Experienced Solo Event

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2026 Event Schedule



Sunday January 25, 2026

7:00am - 7:10am	Open Pool
7:10am - 7:25am	Junior/Senior Free Solo Warm Up
7:30am - 9:00am	Junior/Senior Free Solo Event
9:00am - 9:20am	Youth Solo Warm Up
9:25am - 10:45am	Youth Solo Event
10:45am - 11:00am	Junior/Senior Tech Duet & CUASL Novice Duet Warm Up
11:00am - 11:45am	Junior/Senior & CUASL Novice Duet Event
11:45am - 12:00pm	8-10 & Novice Duet Warm Up
12:05pm - 12:45pm	8-10 & Novice Duet Event
12:45pm - 1:30pm	Officials Lunch
1:05pm - 1:25pm	AdAS & 11-12 Duet Warm Up
1:30pm - 2:25pm	AdAS & 11-12 Duet Event
2:25pm - 2:45pm	Youth Duet Warm Up
2:50pm - 4:10pm	Youth Duet Event
4:10pm - 4:30pm	Junior/Senior Free Duet & CUASL Experience Duet Warm Up
4:35pm - 5:35pm	Junior/Senior Free Duet & CUASL Experience Duet Event
5:35pm - 6:15pm	Awards Presentation Remaining Awards

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